



CareLink is a local nonprofit providing free information and connections to the resources seniors need to stay as independent as possible – for as long as possible – in their own homes. From nutritious meals and senior fitness to legal assistance and respite care, this support changes lives.

CareLink does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.



WE PROVIDE

HomeCare

In-home assistance with daily tasks such as bathing, grooming, light housekeeping and meal preparation. Medicaid and private-pay availability.

Meals on Wheels

Nutritious meals delivered directly to the doors of seniors unable to shop or cook for themselves.

Family Caregiver Services

Support and resources to ease stress and encourage caregivers.

Fitness & Wellness Programs

Find programs at senior centers and other locations to help active older adults stay fit and connected.

Transportation

Scheduled trips for groups to and from senior centers and other limited purposes such as shopping trips, as well as individual trips to medical appointments and other vital destinations.

Medicare Part D Counseling

Trained staff help seniors evaluate their plans to ensure the best coverage for the coming year.

In-Home Respite Care

Compassionate qualified care that allows family caregivers to take some time away.

Ombudsman

Advocates for residents of nursing homes and residential care facilities.

Legal Assistance

Help with living wills, property disputes, personal finances and Social Security.

Senior Centers

Friendly places across our six-county service area that foster fun, fitness and activities, with lunch provided.



GIVE

CareLink depends on community support to continue serving a growing population of seniors in central Arkansas.

- Give Online:** carelink.org/give
- Give by Mail:** P.O. Box 3140
Little Rock, AR, 72203
- Contact Our Team:** development@carelink.org

VOLUNTEER

CareLink depends on community support. Our dedicated volunteers add meaning to their lives and brighten the lives of others by delivering meals, volunteering in senior centers, providing companionship to isolated older people and visiting long-term care facilities. Will you help make a difference? Visit carelink.org/volunteer for details.

CALL TODAY

With a single call, seniors and their loved ones can learn about and apply for resources, whether those services come from CareLink or another agency. Our friendly, knowledgeable team members are here to help you find answers, even if you aren't quite sure what questions to ask!

501-372-5300 | 800-482-6359 | info@carelink.org



"JoAnne is uplifting and encouraging – always. CareLink has been a part of our family and hopefully will continue to be for as long as I can stay home."

– Gladys, HomeCare Client



Resources for Older People and Their Families



P. O. Box 5988
North Little Rock, AR 72119
700 W. Riverfront Drive
North Little Rock, AR 72119

501-372-5300 | 800-482-6359 | info@carelink.org

CareLink is the Central Arkansas Area Agency on Aging

RESOURCES FOR
OLDER PEOPLE
& THEIR FAMILIES

501-372-5300
www.carelink.org